

PhitStick for People in Wheelchairs or Other Mobility Issues

Getting Started with PhitStick

1. Setting Up

- Ensure you have a clear, safe space around your chair.
- Adjust the PhitStick resistance bands to your comfort level (start lighter and progress gradually).
- Sit upright with your feet securely on footrests (if in a wheelchair) or flat on the floor.

2. Proper Grip

- Hold the handles firmly but not too tight.
- Maintain relaxed wrists to avoid strain.

3. Warm-Up

- Perform light movements with the PhitStick for 2–3 minutes, such as slow arm presses or light bicep curls, to warm up your muscles.

Upper Body Strength Workouts

1. Seated Bicep Curls

- Hold the handles with palms facing up.
- Slowly curl the PhitStick toward your chest, then return to the starting position.
- Repeat for 10–15 repetitions.

2. Overhead Shoulder Press

- Hold the PhitStick at shoulder height with palms facing forward.
- Push the PhitStick upward until arms are fully extended.
- Lower it back down with control.

3. Chest Press

- Hold the handles at chest height with palms facing inward.
 - Push the PhitStick forward until your arms are fully extended.
 - Slowly return to the starting position.
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Cardio Workouts

1. Seated Arm Pulses

- Hold the PhitStick horizontally at chest height.
- Rapidly push and pull the PhitStick in short, controlled pulses for 30–60 seconds.

2. Rotational Punches

- Hold the PhitStick at chest level.
- Extend one arm forward in a punching motion, rotating slightly at the waist.
- Alternate arms for 1–2 minutes.

Stretching and Cool-Down

1. Overhead Stretch

- Hold the PhitStick with both hands and lift it above your head.
- Hold for 10–15 seconds, feeling the stretch in your arms and shoulders.

2. Chest Opener

- Hold the PhitStick behind your back with both hands and gently lift it upward.
- Hold for 10–15 seconds.

3. Side-to-Side Twists

- Hold the PhitStick horizontally in front of you.
 - Slowly twist your torso from side to side, keeping your arms extended.
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Tips for Success

- Start with 2–3 sets of each exercise, gradually increasing as you get stronger.
- Focus on controlled movements and proper form.
- Stay hydrated and listen to your body—stop if you feel pain.

